



OCTOBER IS BREAST CANCER AWARENESS MONTH



October is more than ghosts, goblins, and trick-or-treating – it is also Breast Cancer Awareness Month. This disease affects one in eight women in the United States every year and 2.3 million women worldwide.

Breast Cancer Awareness Month aims to support people diagnosed with breast cancer, educating people about breast cancer risk factors and stressing the importance of regular screenings, which should start at age 40 or an age that’s appropriate for a woman’s breast cancer risk.

Breast cancer isn’t something that can usually be prevented, so it’s important to be proactive about your health, said Diana Romano, Oklahoma State University Extension associate specialist.

“Doctors seldom know why one woman develops breast cancer and another doesn’t, but what we do know is that breast cancer is always caused by damage to a cell’s DNA. Why or how that DNA becomes damaged is still unknown,” Romano said. “The damage can be caused by genetic or environmental/lifestyle factors – or in most cases, a combination of the two.”

Women with certain risk factors are more likely than others to develop breast cancer. A risk factor is something that may increase the chance of getting a disease. While some risk factors can be avoided, such as drinking alcohol most risk factors cannot. Having a risk factor doesn’t mean a woman will get breast cancer. In fact, 60% to 70% of women with breast cancer have no connection to the risk factors, and others with risk factors never develop the disease.

Romano said some of the genetic risk factors that cannot be changed include gender, age, race, family history, health history, menstrual and reproductive history, certain genome changes and dense breast tissue.

Environmental and lifestyle risk factors that can be changed include lack of physical activity, poor diet, being overweight or obese, drinking alcohol, radiation to the chest and combined hormone replacement therapy.

“A sedentary lifestyle with little physical activity can increase your risk for breast cancer,” she said. “Moving your body or exercising for as little as 20 minutes a day can help lower this risk factor. Also, a diet high in saturated fats and lacking fruits and vegetables can increase your risk. Eating 3.5 to 5 cups of fruits and vegetables each day can be beneficial.”

Tulsa County Extension Office

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TULSA COUNTY
EXTENSION



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- ❖ OHCE News & Updates

If you receive the monthly newsletter by mail and would like to receive it by email, please call 918-746-3706. Receiving it by email would greatly reduce our printing and postage expenses.

Thank you!

BREAST CANCER AWARENESS MONTH... Continued

Strengthening Oklahoma Families/Tulsa County

Although breast cancer is typically found in females, it also affects men. Roughly 2,700 men will be diagnosed with breast cancer this year, and about 530 are expected to die. Unfortunately, lack of awareness and stigma can be barriers to detection and care.

“For many, the key to survival is early detection. As we observe Breast Cancer Awareness Month, take the time to get a screening,” Romano said. Source: Trisha Geidon



FOOTBALL AND FOOD SAFETY SEASON



Football and Food Safety Football Season is finally here! As we all begin to prepare our veggie trays and wings, a critical part of keeping everyone enjoying the game is practicing food safety when preparing your gameday goodies. Individuals in their own homes can reduce contaminants and keep food safe to eat by following safe food handling practices.

Four basic food safety principles work together to reduce the risk of foodborne illness—Clean, Separate, Cook, and Chill.

Here are 10 tips to reduce the risk of foodborne illness broken down by those four basic food safety principles: **CLEAN:** 1. Wash hands with warm water and soap. Rub hands together for 20 seconds. 2. Sanitize Surfaces. Use a solution of 1 TBS of unscented chlorine bleach per gallon of water to sanitize surfaces. 3. Clean sweep refrigerated foods once a week. Cooked leftovers should be tossed after 4 days; raw poultry and ground meats, 1-2 days. 4. Keep appliances clean. Pay close attention to any handles or buttons. 5. Rinse produce. All fresh vegetables and fruits need to be rinsed under running water before eating, cutting, or cooking.

SEPARATE: 1. Separate foods when shopping. Place raw seafood, meat, and poultry in plastic bags. Store them below ready-to-eat foods in your refrigerator. 2. Separate foods when preparing and serving. Always use a clean cutting board for fresh produce and a separate one for raw seafood, meat, and poultry. Never place cooked food back on the same plate or cutting board that previously held raw food.

COOK AND CHILL SEPARATE: 1. Use a food thermometer. To ensure food is safely cooked to be consumed, food must be held at safe temperatures until eaten. 2. Cook food to safe internal temperatures. Check the internal temperature of seafood, meat, poultry, and egg dishes. Cook all raw beef, pork, lamb, and veal steaks, chops, and roasts to a safe minimum internal temperature of 145 °F. For safety and quality, allow meat to rest for at least three minutes before carving or eating. Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160 °F. Cook all poultry, including ground turkey and chicken, to an internal temperature of 165 °F. 3. Keep foods at safe temperatures. Hold cold foods at 40 °F or below. Keep hot foods at 140 °F or above. Foods are no longer safe to eat when they have been in the danger zone between 40-140 °F for more than two hours (one hour if the temperature was above 90 °F). Source: Katherine Pinto, EFNEP and SNAPEd Agent, kd Pinto@ksu.edu

OHCE MEMBERSHIP FORMS AND DUES TO: GROUP TREASURER BY: OCTOBER 13, 2023

MEMBERSHIP FORM ATTACHED – THIS ISSUE, PAGE 5

BY-LAWS REGARDING MEMBERSHIP DUES EXEMPTIONS:

A. A member joining after July 1 and prior to October 1 will be exempt from paying State Dues for the current year; County Dues and Membership Insurance will be collected.

B. Family Membership

i) Family consists of self, spouse, domestic partner, child and/or children, up to the ages of 18, living in the home.

ii) After 2 family members— each additional member will only pay the Member Insurance- “Group Activities Accident Policy” and the State Dues.

C. Hardship— OHCE-TC does not wish to limit persons from joining due to financial status. Please submit Hardship Form with Membership Form to local group treasurer. Qualifying items include: SNAP Card, SSI, etc.

i) A member joining under the Hardship status will be exempt from paying County Dues for current year; State Dues and Member Insurance will be collected.

For any questions about the by-laws, please contact: Stacey Jones, FCS Educator, email: stacey.jones11@okstate.edu



CHÈVRE CUPS

Stacey Jones—Family and Consumer Sciences Educator
OSU Extension Center Tulsa County



SERVINGS:12

INGREDIENTS

- 12 sheets filo dough
- 2 tablespoons liquid honey
- 2 tablespoons fresh thyme leaves (plus extra sprigs for garnish)
- 6 tablespoons of melted butter
- 175 grams goat cheese* (3/4 cup) Feta cheese can be substituted for the goat cheese

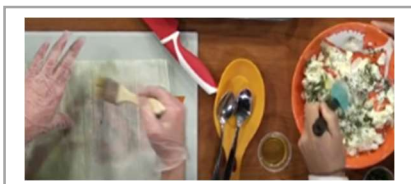
INSTRUCTIONS

1. Preheat your oven to 375 F and spray a 12-muffin tin with cooking spray.
2. Mix together your goat cheese, honey and thyme together in a bowl.
3. Take 1 phyllo sheet and brush with melted butter. Put another sheet of phyllo on top of the first sheet repeating the step until there are 4 sheets of phyllo. Using a sharp knife, carefully cut the phyllo length ways into 2 rectangles and cut the phyllo again horizontally. This will make 4 rectangles.
4. Take the rectangle of phyllo dough and butter and put it into one of the muffin tins. Be careful when putting the phyllo dough into the tin to avoid tears. Next, get 1 tablespoon of the goat cheese mixture and carefully place it on top of the phyllo layers.
5. Bake for 10 minutes or until golden brown. Wait 5 minutes for the filling to cool. Serve and enjoy!

Nutritional Analysis per serving:
Calories: 169 | Carbohydrates: 13.1 g |
Protein: 4.9 g | Total Fat: 10.9 g | Saturated
Fat: 6.7 g | Sodium: 202 mg | Sugar: 3.1 g |

Click Link below for
Channel 6 Demonstration:

<https://youtu.be/MfQDXiy1oQ?si=1hdXGsSxSwl-SA87>



ESTATE PLANNING WILLS & TRUSTS "PART ONE"

Wills

A will is not just a document that lets you tell the world whom you want to get your assets. A will allows you to name important people (an executor or personal representative) who will carry out your wishes. It is also very important for people with young children because in a will you can name guardians of your minor children. A judge will give the people you name priority over anyone else, but he/she will still investigate whether this person is likely to be a good choice. Make sure you discuss the responsibilities of guardianship with the potential guardian(s) before you write your will. You also need to decide if and when you should tell your children about this decision. You are free to change guardians later on if, say, your chosen guardian gets divorced or remarried and moves to a different state.

To have a valid will, you must be considered to have the mental and legal capacity to understand what you are doing. You also must be considered free of undue influence, fraud, and duress.

Most wills are called attested wills. This is a will that is witnessed and attested to by at least two witnesses and signed by you in their presence. You can also write a holographic will. This is a will that is written and signed in your own handwriting. There is no witness requirement, but your handwriting must be verified. Under current Oklahoma law, oral and video-only wills are invalid.

At the start of your estate planning process, it is a good idea to complete a Family Inventory (Worksheet 1). This inventory should state what the asset/property is, where it is located, who owns it, the beneficiaries, how much is it worth, and how to access it.

This includes listing account numbers, usernames, and passwords. This inventory will give you a better idea of what property to list in your will. There are ways to leave some of your assets and property to others outside of your will. These will be discussed later.

Why is it important to leave as many assets as you can to others outside of your will? Because your will must go through the probate process to be considered legally valid unless your estate is very small so formal probate is not required under state law.

Probate

The probate process is the legal process through which your property is properly transferred to other parties. It is a public process. The process can involve having to prove the will is valid, notifying all creditors and potential heirs, and resolving any contests to the will. Probate can take anywhere from weeks to years and can be very costly. According to the National Association of Financial and Estate Planning (NAFEP), the national average cost of probate can run between 4 percent and 10 percent of your estate.

- Some of these fees are set by law, such as court fees or required documents.
- Others can be negotiated, such as the types of costs of services provided by your attorney. Oklahoma does not have an exempt amount below which probate is not required. However, estates less than \$150,000 can be submitted for Summary Administration, an expedited probate process.
- Your personal representative (executor) would submit an application and an inventory of assets to the court.
- If the court feels it is necessary, it will then order an appraisal of your assets.
- After this, it will issue an order for a final hearing to settle the estate.

Source: Eliene St. Peirre, OK State Fact Sheet

Extension Office Use Only
Placed on Computer Roster by

Oklahoma Home and Community Education
County Membership Form

Return membership form with dues to county OHCE Treasurer.

MEMBER INFORMATION

Date: _____ New Member: or Renewal

First Name: _____ Last Name: _____

Mailing Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Send Outreach Newsletter by email: YES

Group name: _____ Member since: _____

Email: _____ County: _____

VOLUNTARY INFORMATION REQUEST (*Equal Opportunity Information Request-you are not required to answer any of these questions.*)

Age Range: 19 years & under ; 20-34 ; 35-44 ; 45-64 ; 65-79 ; 80& over

Gender: Female ; Male

Ethnicity Hispanic/Latino: Yes ; No ;

Race (Select one or more):

White

Black/African American

American Indian/Alaska Native

Hawaiian/Pacific Islander

Asian

Member Signature: _____

County Use Only Below this Point

FAMILY & CONSUMER SCIENCES CALENDAR

All events will be held at the OSU Extension Office unless noted

Please observe that some event dates have been changed



OCTOBER:


- 4 Co-Parenting for Resilience, 9 am @ OSU Tulsa (pre-register by 10-2-23)
- 11 OHCE Field Trip to Frankoma Factory & Store. Info Contact: Jean @ 918.373.0553
- 13 **OHCE Membership Dues/Registration Forms Due to your Group Treasurer**
- 13 **OHCE Group Member List with Group Officer/Committee Chairs Due to Extension Office**
- 14 OHCE Demo Day! 9:45 am @ OSU Tulsa (pre-register by 10-1-23)
- 20 **Deadline: OHCE Membership Dues/Registration Forms Due to OHCE Tulsa County Treasurer**
- 20 Deadline: OHCE Holiday Luncheon Program Covers Due to Extension Office
- 26 OHCE **Bunco**, 10 am – Noon

NOVEMBER:

- 1 Co-Parenting for Resilience, 9 am @ OSU Tulsa (pre-register by 10-30-23)
- 1 OHCE Vote on Holiday Luncheon Program Covers
- 9 OHCE YEARBOOK MEETING – 10 am – ALL MEMBERS PLEASE ATTEND!
- 10 Veteran’s Day Holiday – Extension Office Closed
- 15 OHCE Nominations for State Member Awards Due to Extension Office
- 16 OHCE **Bunco**, 10 am – Noon
- 17 OHCE Holiday Luncheon RSVP & Payment Due to OHCE County Treasurer
- 23-24 Thanksgiving Holiday – Extension Office Closed

DECEMBER:

- 6 Co-Parenting for Resilience, 9 am @ OSU Tulsa (pre-register by 12-4-23)
- 13 OHCE Holiday Luncheon & Installation of Officers @ OSU Tulsa (RSVP 918.636.6734)
- 15 OHCE Family Holiday Workshop @ Tulsa County Transitional Shelter, 6-8 pm
- 25-26 Christmas Holiday – Extension Office Closed



CHANNEL 6
COOKING CORNER
 October 25th
 November 29th
 December 27th
 @ Noon
 Presented By:
Stacey Jones
 Tulsa County FCS
 Educator

OHCE UPDATES

SAVE THE DATE...

KNIT N STITCH PROMOTING CHILD LITERACY



OHCE Tulsa County PRESENTS
 Save this Date!
 Holiday Luncheon
 DECEMBER 13th
 AT 11 AM

RSVP
 918.636.6734

Unique Christmas SWEATER Gathering

SPECIAL MUSIC PERFORMANCE BY
Dave & The Ukeladies

Wear Your Favorite Holiday Sweater | OSU Tulsa Campus - BS Roberts Room
 700N Greenwood Ave, Tulsa, OK 74106



Pictured right, Lanier Elementary Principal Stacey Randell (far left) accepting the handmade book bags and books from several group members along with socks for the school clothes closet.

Knit 'n Stitch group members delivered 51 colorful handmade book bags and 61 children's books to Lanier Elementary School on Monday September 11th. This is the groups second year for their community service project promoting child literacy.





OHCE UPDATES



SHOUT OUT FROM ELAINE

Tulsa County OHCE President



When I was a kid, it took FOREVER to go from the first day of school to Halloween. How is it as an adult we race right by these milestones? Let's slow down and enjoy this October by celebrating the good work we have done. Some of our groups have organized canned food drives to support our local food banks. Others have been busy making blankets and other comfort items for distribution by first responders and medical personnel. All of you have donated your time and your talents. Don't forget to submit those volunteer hours. When we accumulate those hours from around the state, we really see the impact that OHCE has on our communities.

October 14th is DEMO DAY. I for one am excited about all the demonstrations and surprises in store for us that day. Invite your friends – what a great way to show what OHCE is all about.

Spread the message of OHCE. Keep posting those pictures of your service to your neighbors.

Share OHCE with a friend, *Elaine*

OCTOBER 2023 FAMILY ISSUES

In 2023 we are supporting the Tulsa County Emergency Shelter which provides temporary quarters for families and helps them move into their own homes.

We are collecting items throughout the year to present to shelter representatives at our Christmas Luncheon in December. Keep a box in your closet to collect your items. This month we will collect **DEODORANT**.

OCTOBER FAMILY ISSUES TOPIC: FAMILY EMERGENCY PLAN

The first step in preparedness is to have a plan:

- Make a list of your family members and their contact information including their social media info.
- Make a list of your emergency meeting places.
- Make a list of medical info (doctor name & number, poison control number, allergy info, prescriptions, medical insurance name & policy #.)
- Don't forget your pets! Note your veterinarian's name & number.

It's FOR SCHOLARSHIPS!
Bunco TIME!
10 - Noon
OCTOBER 26, 2023
Free to Play!
Fun Prizes!
Bring Your Own Dice & a Friend!
Please RSVP to Shari
Call or Text 918.408.6918
** DONATIONS ACCEPTED **
Tulsa County OSU Extension - 4116 E 15th St - Tulsa, OK

QUILT RAFFLE

This beautiful quilt donated by Karen Hilton will be raffled off at OHCE Demo Day, Saturday, October 14, 2023!

The quilt measures 42" x 56". Tickets are \$1 each or 6 for \$5. Tickets are available for pick-up at the OSU Tulsa County Extension Office.

Turn in tickets and money on or before Demo Day, October 14! For more information call Shari @ 918-408-6918





OHCE UPDATES



**7th Annual
FALL
Holiday
Demo Day**

**Presented
By OHCE
Tulsa County**

SATURDAY OCT 14th 9:45 AM - 1PM

**Registration is FREE!
*BRING A FRIEND***

EVENT SCHEDULE

SILENT AUCTION ITEMS, DOOR PRIZES, BUSY BEE BAG DRAWINGS AND 50/50 DRAWING!

9:45 AM - Check In & Refreshments
10 AM to Noon - Demos & Door Prizes
12PM - Silent Auction Closes, Busy Bee Bag & 50/50 Drawings
12:15 - 1PM - Fellowship Box Lunch*
*Box Lunch is \$15 (Panera Bread) Turkey or Ham OR you may bring your own Lunch!

**OSU Tulsa Conference Center
B.S. Roberts Room
700 N Greenwood Avenue - Tulsa**

RSVP Reservation & Box Lunch Payment Due by: October 1st to County Treasurer

**OHCE
MEMBERSHIP RENEWAL TIME!
DEADLINE OCTOBER 13TH**

Complete a Membership Renewal Form and submit that along with your \$24 yearly dues to your OHCE Group Treasurer by Oct. 13th!

Group Treasurer's deadline for submitting all forms and money to the OHCE County Treasurer is Oct. 20th!

Renewal Time is also the perfect time to invite your friends and neighbors to join OHCE with you!

Pick-up New Member/Membership Renewal Forms at the OSU Tulsa County Extension Center!
(Form included in this issue!)



Tulsa County Extension Office
4116 E 15th Street
Tulsa, OK 74112



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Family and Consumer Sciences
Tulsa County OSU Extension Service

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